



FFSC Locations

Point Mugu

Bldg 225 next to the chapel
805-989-8146

Port Hueneme

Bldg 1169 behind the NEX
805-982-5037

Toll Free

Appointment Scheduling

866-923-6478

24 hours a day, seven days a week.

- Personal, Marital, Family Counseling
- Financial Management
- Spouse Employment
- Transition Assistance
- Relocation Assistance
- Life Skills Workshops

**Classes at Port Hueneme unless noted.
Call 805-982-5037 for more information.**

The Fleet and Family Support Center can provide our services at your location. Please call the FFSC Command Liaison at 989-8833. We are here to serve you!

Counseling Services & Life Skills

Anger Management (6 sessions) – Interactive class, recognizing cues of anger and practicing healthy anger expressions. New students must attend first session. Tues, Jan 18, 25, Feb 1, 8, 15 & 22, 1700 - 1830

General Parenting (7 sessions) – Practical and hands-on parenting skills for children ages 6 – 12. Mon, Jan 25, 31, Feb 7, 14, 21, 28 & Mar 7, 1730 - 1900

Ombudsman Events

Ombudsman Basic Training – Required if becoming an ombudsman and if more than 3 years have elapsed since attending OBT. Tues- Thurs, Jan 11 – 13, 1700 – 2100. FFSC, Port Hueneme

Ombudsman Meeting – Ombudsman program updates and advanced training. Tues, Jan 25, 1800 – 2000. FFSC, Pt. Mugu, Bldg 225

Career Support and Retention

Register for TAP classes with your Command Career Counselor

**Executive Transition Assistance Program
Monday – Thurs, Jan 31 – Feb 3, 0730 – 1600
E-7 and above, all retirees. Civilian attire, Bring medical records and DD2648 on Monday.**

**Transition Assistance Program -
Monday – Thurs, Jan 10 – 14, 0730 – 1600, Seperatees E-6 and below: Civilian attire/bring medical record and DD2648 on Monday.**

**VA workshops/Briefs – Get on-the-spot assistance in filing your VA claim! Call 982-5325 to sign up.
Wed, Jan 19, 0900 - 1200**

LAPD Testing – Onsite testing for LAPD. Call 982-5325 to register and more info!

**Goal Setting – Learn how to identify, prioritize and achieve long, medium, and short-term goals through proper planning and organizational strategy.
Mon, Jan 10, 1000 - 1200**

Corporate Resume Writing –
Cutting-edge resume techniques!
Fri, Jan 14, 0730 – 0900
Must call 982-3525 to register.

Federal Employment –
Resumes, websites, and the application
process. Fri, Jan 14, 0900 – 1100

Spouse Resume Writing –
Learn resume writing and job search
skills. Wed, Jan 19, 1400 – 1600

Interview Skills – Prepare for your job
interview: Learn the interview process,
salary negotiation; conduct a mock
interview and more.
Mon, Jan 31, 1000 - 1200

Sexual Assault Prevention
and Response (SAPR)

Data Collection Coordinator Training –
Training for new SAPR Data Collection
Coordinators. This is a required training
for DCC's. Mon, Jan 10, 0900 – 1100

Command Liaison Training –
Training for new Command Liaisons.
Required Training for Liaisons.
Mon, Jan 17, 0800 – 1600

Initial Victim Advocate Training –
Training for new Command advocates
and for those needing a refresher course.
Mon-Thurs, Jan 24- 27, 0800 – 1600

Deployment

Deployment Readiness –
For service members' families who are
soon to be deploying or executing IA
orders. Wed, Jan 5, 1600 - 1700

IA Family Connection –
For family members of service members
who are currently deployed under IA
orders. Tues, Jan 11, 1600 – 1700

Deployment Homecoming –
For families of soon to be returning or
already returned IA/Deployed service
members. Wed, Wed, Jan 12, 1600 – 1700

Exceptional Family Member

Parent Support Network – A support
group for active and retired military
families with special needs children.
Share local resources and get support.
Wed, Jan 12, 0900 - 1100

New Parent Support

Little Explorers for Toddlers -
An interactive parent- toddler playgroup
for babies 15 – 36 months.
Thursdays, 1000 – 1100
except 1st Thursday of month.
Call (805) 982-5037 for location

Yoga Mamas –
For expecting and new mamas;
a gentle stretch to rest and refresh. Tues,
1230 – 1345 at Bee Fit Center

New Mama's (ongoing) –
For expecting mamas & mamas with
babies 0 – 15 months old. Information,
education and support. Wednesdays,
1130 –1330

No Time for Classes? Would you prefer
home visits? Easy, convenient &
personal, by appointment.
Just call 982-5037 and ask for New
Parent Support Staff!

Infant & Baby Massage (4 sessions) –
Connect with your baby, learn baby cues and cries. May improve digestion, brain development and sleep routines.

For babies 3 weeks to 5 months.

Dads welcome.

Wed, Jan 4, 11, 18 & 25, 1400 – 1500

Your Baby Shower – Introduction to New Parent Support. Get info on Tricare, Budget for Babies: Seat Belt Safety and more. Infants welcome!

Thurs, Jan 6, 1800 – 2030

Super Saturday Birth Class-

Learn the basics: labor starts, the different stages of labor, labor support, breathing and the many ways to reduce pain. Sat, Jan 8, 0900 - 1700

Brand New Baby (3 sessions) –

45 Reasons why babies CRY.

Learn Baby Cues, How to Sooth & sleep training...Fast recovery while learning to live with a newborn. Thurs, Jan 13, 20 & 27; 1800 - 2030

Operation Prepare!

Disaster Preparedness – Are you and your family prepared for an emergency?

Wed, Jan 19, 1700 – 1900

Classes are also available in command spaces. Call 982-3159 to schedule.

Relocation

Welcome Aboard Workshop – Incoming service members and their family receive information on military and community resources on and near NBVC.

Wed, Jan 5, 1600 – 1800

Sponsor Training – Ensure that designated command personnel have the necessary training to successfully fulfill their role as command sponsors.

Wed, Jan 12, 1500 – 1600

Smooth Move – Make your PCS move easy, simple...smooth-know your entitlements from the experts.

Wed, Jan 19, 1000 - 1230

Financial Management

Financial guidance by appointment
(Evening appointments available).

Port Hueneme 982-3640 or
Point Mugu, 989-8844.

- ❖ Saving/Investing/ TSP
- ❖ Credit Reports
- ❖ Creating a Spending Plan
- ❖ Car Buying
- ❖ Avoid Foreclosure and Bankruptcy
- ❖ Selling vs. Renting Your Home
- ❖ Retirement Planning
- ❖ Financial Planning for Deployment.

Financial classes in your Command Spaces – Please call 982-3640 or 982-3102 to schedule any of the classes!

Home buying Seminar – Do you want to buy a home in the near future? Learn how to determine price range, select a real estate agent and choose the best financing plan. Wed, Jan 19, 1730 – 2130

Command Financial Specialist Training-(5 day class). E-6 and above must attend all sessions. Call 989-8844 or 982-3640 to register. Mon- Thurs, Jan 24 – 27, 0730 – 1630: Fri, Jan 28, 0730 - 1000

Free Food Distribution Dates

9:00 – 2:00 for all dates

Watch for upcoming date!

**Saturday, Bldg 19, near the Pleasant
Valley Gate on Port Hueneme**

Note:

Food items vary from month to month

**Requirements: Active duty E-6 and below
or their spouses. Bring an LES and only
one issue per family. E-7 with two or
more dependents may qualify- income
guideline statement available at
distribution site.**

**Custodian of a child who is a family
member of Active Duty personnel on
deployment.**